

Home Group Notes 2nd March 2025

I have highlighted three phrases from each of the readings as a starting point for discussion and reflection. It is not intended that all are covered, pick one or two that feel relevant or resonate.

Is there a part of Philippians that you could carry forward into Lent, something you have learnt or a phrase that stuck in your mind?

First Reading Philippians 1:3-11 - Thanksgiving and Prayer

3 I thank my God every time I remember you. 4 In all my prayers for all of you, I always pray with joy 5 because of your partnership in the gospel from the first day until now, 6 being confident of this, that **he who began a good work in you will carry it on to completion** until the day of Christ Jesus.

7 It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, **all of you share in God's grace with me**. 8 God can testify how I long for all of you with the affection of Christ Jesus.

9 **And this is my prayer:** that your love may abound more and more in knowledge and depth of insight, 10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

God will complete the good work in you

Do we want to change, to be transformed? How much change can we handle right now?

We all share in God's Grace

God's Grace is free, but it does bring with it an obligation to take it seriously.

Paul's Prayer (Ph 1:9-11) – do we say Amen to that?

Do we want to be changed and have all that Paul prays for?

Philippians 4:4-9 - Final Exhortations

4 **Rejoice in the Lord always**. I will say it again: Rejoice! 5 Let your **gentleness** be evident to all. **The Lord is near**. 6 Do not be anxious about anything, but in every situation, **by prayer and petition, with thanksgiving, present your requests to God**. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent or praiseworthy**—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. **And the God of peace will be with you**.

Here Paul is encouraging God's people to demonstrate the Christian life, putting the teaching into practice. So how do we change ourselves – well, we can't really do it ourselves. We need help and support – together with our friends and the holy spirit we can make lasting change. So what does this look like:

Awareness of need to change. The hardest part of transformation. What would you like to change about yourself? Do you get hints from friends about what may be done better?

Putting good habits of thought and deed in place in our lives. Can you think of a few good habits you would like to enhance or develop?

Running away from bad habits of thought and deed as the situation arises. Can you bring to mind a bad habit that you could do something about (with God's help, of course)?

Maybe pick one thing to start doing and one thing to stop doing.